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Thank you for your interest in riding with us in 2010 and helping to save babies! Click on the "get involved" tab to the left to sign-up!

We are pleased to announce a Special 12 week El Tour De Tucson Prep Program that promises to be a lot of fun, provide some great coaching and motivation, and raise money to benefit UMC's Diamond Children's Medical Center to help save babies! Click on the "Get Involved" tab to the left to sign-up, it's never too late to join us!

OK, riders.... Now that we're into the "12 weeks to your best tour" part of the training... We're going to deviate from our schedule just a bit. We need to work on your speed and your ability to push yourself. So, during your "on your own rides" I would like you to do two 15 mile rides, but you need to add 4 intervals where you push yourself to breath hard for 4 or 5 minutes, then recover by riding slow for 4-5 minutes, then do another 4-5 minutes of hard riding, and repeat 4-5 times. This is NOT a sprint--just an increase in your effort. On a scale of 1-10, if 5 is where you normally ride and 10 is an all-out sprint, I'd like you to try and get to a 7 or 8.

For the group ride this weekend, we're going to drop the miles down to only 50---But, we're going to try and ride faster. This should help us avoid some of the heat and focus on your lungs, now that we know your legs are in shape! Meet at Brandi Fenton Park at River and Dodge at 6am Saturday, September 4. I'll distribute maps Saturday AM. SEE YOU THERE!

Also, If I get enough interest, I'll do a Sunday ride as well--but you need to e-mail me ahead of time to let me know. This will likely be a less intense shorter ride for those of you who need to build back-up or for those who are just starting their riding.

Click here for directions to the Charmichael Training Center.

Click here to sign-up TODAY!

Click here to donate to UMC's Diamond Children Medical Center and support your favorite rider!

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